

ADSA Core Principles

July 7, 2011 Draft

We believe **people** with needs related to long-term care, developmental disabilities, and/or severe and persistent mental health or substance abuse challenges:

- Have the central role in making decisions about their daily lives and managing their health, health care, community and social supports.
- Choose supports that respond to their preferences, and that promote independence, community integration, and self-determination to the fullest extent possible.
- Can recover, achieve resilience, and improve skills and abilities regardless of their individual circumstance.
- Succeed best when support is person-centered and recognizes that health, community integration, and social support outcomes are interrelated.
- Succeed best with a flexible array of options, based on a person-centered assessment.
- Deserve support that meets quality standards.

We believe the **families and friends** of people with needs related to long-term care, developmental disabilities, and/or severe and persistent mental health or substance abuse challenges:

- Are an essential reason many people can live successfully in their own homes and communities.
- Can realize a positive difference in their lives and the lives of their loved one with even a small investment of support.

We believe the **system of supports** for people with needs related to long-term care, developmental disabilities, and/or severe and persistent mental health or substance abuse challenges must:

- Be based on our beliefs about the individuals and families we support.
- Be person centered, integrate supports across professional disciplines, and remain flexible to meet changing individual needs and changing populations over time.
- Provide support that is informed by evidence of effectiveness.
- Innovate, take risks, and develop creative approaches to changing needs.
- Support individuals in the settings of their choice.
- Be organized as simply as possible, consistent with effective service delivery.
- Be sustainable over time within realistic resource estimates.
- Encourage appropriate use of services while providing incentives for prevention, early detection, improved health outcomes, and cost savings.
- Be free from abuse and neglect, and support shared responsibility with individuals, families, providers, advocates, and communities to prevent or respond to abuse and abusers.